

## Jackrabbit Level 4+ Lesson#1 Skate

| Activity  | Description/ Location  | Time          |
|---|--|---------------|
| Warm Up   | <b>Sideways Sumo Wrestling</b> - partners stand side by side facing opposite directions plant outside ski and roll ankle in to edge ski, partners lean shoulder to shoulder without outside ski slipping, can progress to lifting the inside ski off of the snow   | 5 min.        |
| Ski   | Warm up ski to technique area  | 15 min.       |
| Review Skill<br>-free skate,<br>-one skate,<br>-two skate | <p><b>Free skate</b> (start without poles)<br/>-skier transfers weight from ski to ski<br/>-push is to the side<br/>- opposite hand comes forward with each stride</p> <p><b>Speed skater drill</b> (free skate)<br/>-skiers keep right hand tucked behind their back and reach with left hand toward right ski, alternating with each stride<br/>Add in poles- poles are held with pole tips pointing backwards</p> <p><b>One skate drill</b>- in classic tracks on a slight downhill<br/>-skier double poles while holding one ski slightly off of the snow *knee is bent and foot is forward of the other foot<br/>-skier double poles as many times as they can with one foot up and then changes<br/>-skier double poles with one foot up then puts the foot down in the track immediately after the pole plant shifting to lift the other foot continue switching feet<br/>-skier moves to skating track continue the drill<br/>-emphasize learning the timing</p> <p><b>Two skate drill- POLE,STEP-GLIDE,STEP</b><br/>-start with weight on left ski, double POLE, STEP onto right ski, keep hands back and GLIDE, STEP back onto left ski hands come back up ready to repeat the cycle</p> | 15 min.       |
| New Skill<br>-offset                                      | <p><b>Offset</b> -Start without poles on a slight to moderate slope<br/>Show the motion of offset with both hands coming forward to pole as the lead foot plants on the snow and extending back as they glide on the non-lead ski.<br/>Add just one pole in the lead hand<br/>-Pole and lead foot plant at the same time<br/>-Skier steps up the hill and glides evenly on both legs<br/>-Skier has flexed ankles and knees<br/>-Weight is forward</p>   | 10 min.       |
| Ski, Snack and Game time                                  | Ski practicing skate techniques  | 1h<br>15 min. |
| Extra Activity  | <b>Toe Lifts</b> -Skiers glide down a slight slope lifting the tip of one ski by raising their toes then alternate sides. Where there are two sets of tracks close together skiers step from one set of tracks to the other as they are gliding down the slope.  |               |

Notes or Comments on lesson:

## Jackrabbit Level 5 Lesson#2 Skate Technique

| Activity   |   | Time      |
|--|---|-----------|
| Warm Up  | <p><b>Sizzling snow</b><br/>                     -skiers stay in one place and quickly step from ski to ski trying to have only one ski on the "burning" snow at one time</p>   | 5 min.    |
| <p>Review Skill<br/>                     -offset,<br/>                     -step turn,<br/>                     -parallel side slipping</p> <p>*On a moderate slope<br/>                     *Steep slope for parallel side slipping</p> | <p><b>Offset</b> (Concentrate on timing)<br/>                     -one pole in lead hand then add the second pole<br/>                     -non-lead pole stays close to body<br/>                     -skier plants pole tips close to bindings</p> <p><b>Backwards partner push</b> -two skiers face each other skier 1 uses push sticks to push skier 2 up a slight slope</p> <p><b>Step turn</b> -skier makes a series of small step to the side while gliding to turn a corner<br/>                     - skier in low ready position (knees and ankles flexed, hands forward and low)<br/>                     -weight on heels for the turn<br/>                     -small quick steps<br/>                     Gliding straight, skiers experiment with lifting toes to the top of their boots (putting weight on their heels)<br/>                     Skate gates- set up pylons to step turn through with sizzling snow between gates</p> <p><b>Parallel side slipping</b><br/>                     -skier stands in ready position, skis parallel and perpendicular to the fall line of the hill<br/>                     -skis are edged on the uphill edge to keep the skis from sliding<br/>                     -by moving knees and rolling ankles the skier is able to slip down the slope and roll back to stop</p> | 15 min.   |
| <p>New Skill<br/>                     -stem christie</p>   | <p><b>Stem Christie</b> -Starting in snowplow position skier begins a turn<br/>                     -skier weights the downhill ski and partially unweights the uphill ski<br/>                     -turn is completed by allowing the uphill ski to slide parallel to the downhill ski<br/>                     -skier repeats the cycle on the other side</p>   | 10 min.   |
| Game   | <p><b>Skills course relay</b>-on moderate slope<br/>                     -divide skiers into groups of three two from each group at the top and one at the bottom<br/>                     -skier 1 at the top parallel side slips 2metres to a pylon, step turns through two gates to the bottom of the hill<br/>                     -skier 1 tags skier 2 who offsets up the hill to tag skier 3 (skier 2waits at top) continue until everyone has gone up and down twice</p>  | 15 min.   |
| <p>Ski and Snack</p> <p>Extra activity</p>   | <p><b>Practice:</b> free skate, one skate, two skate</p> <p><b>snowboard drill</b>- skiers take one ski off and glide down the hill (gentle slope) placing boot on ski behind the boot attached to the ski -switch ski to other foot</p>  | 1h15 min. |

Notes or Comments on lesson:

## Jackrabbit Level 5 Lesson#3 Classic Technique

| Activity   | Description  | Time          |
|--|--|---------------|
| Warm Up  | <p><b>Tip over</b>-skiers lift one ski and tip forward to touch the other ski with both hands then tip back up</p> <p><b>One-Leg Pops</b> -skiers jump off snow from one ski to the other, quick action with lots of knee and ankle flex</p>   | 5 min.        |
| <p>Review Skill</p> <p>diagonal stride(long step), double poling, one-step double poling</p> <p>* Encourage fluid movements and good balance</p> | <p><b>Diagonal stride</b> -Start without poles</p> <ul style="list-style-type: none"> <li>-recovering foot returns beside or slightly in front of (not behind) the gliding foot,</li> <li>-leg extends at hip, knee and ankle when foot leaves the snow (push leg is in line with the upper body)</li> <li>-upper body leans slightly forward,</li> <li>-complete weight transfer from ski to ski</li> </ul> <p><b>Add Poles</b></p> <ul style="list-style-type: none"> <li>-pole tips are always behind hands and point backwards,</li> <li>-poles are used for propulsion</li> </ul> <p><b>Double Poling</b></p> <ul style="list-style-type: none"> <li>-skier leans forward from the ankles and hips to plant poles</li> <li>-trunk remains horizontal while arms start forward recovery</li> <li>-upper body starts to recover as hands pass legs</li> <li>-knees are slightly bent throughout action</li> <li>-arms are slightly bent and don't collapse during push</li> </ul> <p><b>One-step double pole:</b> Weight on left ski, push off left ski transferring weight to right ski while bringing both hands forward for a double pole action. Skier starts double pole action while recovering their push foot to glide on both skis.</p> <p><b>Fly-Glide drill</b> 1. Static: move through the motion of one-step double pole. "Fly" when hands come forward and leg extends back "Glide" when feet come together and pole push occurs. 2. dynamic: start by double poling then one leg pushes off while hands are coming forward</p> | 15 min.       |
| <p>New Skill</p> <ul style="list-style-type: none"> <li>-diagonal stride (consistent step)</li> <li>-uphill diagonal stride</li> </ul>           | <p><b>Diagonal stride (consistent step)</b></p> <ul style="list-style-type: none"> <li>-as described above with fluidity and consistency</li> </ul> <p><b>Uphill diagonal stride</b></p> <ul style="list-style-type: none"> <li>-recovering foot returns further forward (to set wax in snow,</li> <li>-glide is visible and there is a distinct weight transfer</li> <li>-full leg extension is performed more quickly as glide is shortened (quicker turn over)</li> <li>-full arm extension matches leg extension</li> </ul> <p><b>Hill Running</b> -skiers run up the hill in the tracks, starting with very short strides then extending to get more glide</p>  | 10 min.       |
| <p>Ski and Snack</p> <p>Extra activity</p>   | <p><b>Cabin ski</b>-ski to a cabin for snack possibly start at another location to end up at the regular meeting location</p> <p><b>Pursuit Tag</b> -one skier starts skiing around a loop, second skier tries to catch the first, when caught both skiers turn and race back to the starting point</p>  | 1h<br>30 min. |

## Jackrabbit Level 5 Lesson#4 Classic Technique

| Activity  | Description  | Time          |
|---|--|---------------|
| Warm Up   | <p><b>Pendulum swings</b> -stand on one leg while swinging the other leg back and forth</p> <p><b>Combo swing</b> -when the skier stands on their left leg, the left arm swings in the same direction as the right leg and the right arm swings in the opposite direction</p>  | 5 min.        |
| Practice Skill<br><br>diagonal stride, double poling, one-step double poling, | <p><b>Diagonal stride -Scooter Drill</b> – skiers take off one ski, start in crouched position with hands at hips and knees bent, weight is on foot without a ski, skier pushes into the snow transferring weight to glide ski, push leg extends back while hand reaches forward, skier glides on glide ski, return to knees bent position, repeat. Switch ski to other foot</p> <p><b>Double Poling Relay</b>- 2 teams –all skiers are in the tracks double poling, (one team per set of tracks), skier at the back of the group diagonal strides to the front of the group then steps in the tracks in front of their team and double poles</p> <p><b>One-step double poling relay</b>- same with one-step</p> | 20 min.       |
| Review Skill<br>-uphill diagonal stride,<br>-stem Christie.                   | <p><b>Uphill Diagonal Stride</b>-Skiers start out on flats diagonal striding, as they approach the hill they move into uphill diagonal stride, shorten their stride and recover foot further forward, skiers try to keep their momentum and diagonal stride as far up the hill as they can, repeat trying to get further up the hill</p> <p><b>Stem Christie</b>- Slalom -set up poles or flags to turn beside with a finish line where the skiers have to do a parallel stop by digging both of their uphill edges into the snow.</p>   | 15 min.       |
| Ski and Snack   | Ski practicing techniques along the way  | 1h<br>10 min. |
| Ski Play/join another group   | <p><b>Soccer</b><br/>-use more than one ball and no goalies (to keep everyone moving)<br/>-part way through have the skiers take one ski off and switch after 5 min.</p> <p><b>Tug of war</b><br/>-try side step tug of war (skiers are in side step position) and snowplow tug of war (skiers are in snowplow position)</p>   | 10 min.       |
| Extra activity  | <p><b>Gliding</b><br/>-on a gentle slope glide for distance, each skier tries to better their distance<br/>-glide on one foot (with knees bent) bend one knee forward to lift ski slightly off snow, compare distance with the other foot</p>  |               |

Notes or Comments on lesson:

## Jackrabbit Level 5 Lesson#5 Skate Technique

| Activity  | Description  | Time          |
|---|--|---------------|
| Warm Up   | <p><b>Statues</b></p> <ul style="list-style-type: none"> <li>-skiers ski around until leader calls "statue"</li> <li>-skiers stop and hold whatever position they are in</li> <li>last person to move becomes the caller</li> </ul>  | 5 min.        |
| <p>Review Skill</p> <ul style="list-style-type: none"> <li>-one skate,</li> <li>-two skate,</li> <li>-offset</li> </ul> | <p><b>For one skate and two skate:</b></p> <ul style="list-style-type: none"> <li>-leg push is to the side, not back</li> <li>-glide ski is placed flat on the snow</li> <li>-upper body stays generally oriented down the track</li> </ul> <p><b>One skate</b> -correct timing</p> <p><b>Ski Pops with Poles</b> -skier stands on one ski, pushes with poles, bending knee to pop onto the other ski where they balance and repeat on the other side (can be done in place or moving forward)</p> <p><b>Balance drill</b>-on slight downhill slope skier attempts to glide as long on one ski as possible count strides for a marked distance and the skier tries to reduce their number</p> <p><b>Two skate</b>-correct timing</p> <ul style="list-style-type: none"> <li>-poles stay extended while gliding on the non-poling side, long slow arm extension</li> </ul> <p><b>Up to pole, Down to glide</b>- skiers think "up to pole, down to glide" as they two skate</p> <p><b>Offset</b></p> <p><b>Backwards partner push</b> -two skiers face each other skier 1 uses push sticks to push skier 2 up a slight slope skier 1 leans with hips forward to push partner</p> <ul style="list-style-type: none"> <li>-try on a steeper slope</li> </ul> <p><b>Temper Tantrum</b>-skier offsets up a slope stomping lead foot and planting both poles at the same time, repeat</p> | 15 min.       |
| Practice Skill  | Set up pylons gates to turn through  |               |
| Game  | <p><b>Skate obstacle course</b> -small loop</p> <ul style="list-style-type: none"> <li>-skier free skates down slope, one skates/two skates through pylons, offsets up slope</li> </ul>  | 10 min.       |
| Ski and Snack   |  | 1h<br>30 min. |
| Extra activity  | <p><b>Punching drill</b> -skier punches right hand toward left ski tip as they stride onto the left ski then left hand toward right ski (without poles, then with poles)</p> <p><b>Elbow to knee drill</b></p> <ul style="list-style-type: none"> <li>-with each stride the skier attempts to twist and touch opposite elbow to opposite knee (encourages bent knees)</li> </ul>   |               |

Notes or Comments on lesson:

## Jackrabbit Level 5 Lesson#6 Classic Technique

| Activity  | Description  | Time          |
|---|--|---------------|
| Warm Up   | <b>Pendulum swings</b><br><b>Combo swing</b><br><b>Tip over</b><br><b>One-Leg Pops</b>   | 5 min.        |
| Evaluate<br>-Diagonal stride<br>-Double pole<br>-Uphill Diagonal stride | <b>Diagonal stride</b> <ul style="list-style-type: none"> <li>recovering foot returns beside or slightly in front of (not behind) the gliding foot,</li> <li>leg extends at hip, knee and ankle when foot leaves the snow (push leg is in line with the upper body)</li> <li>upper body leans slightly forward,</li> <li>complete weight transfer from ski to ski</li> <li>pole tips are always behind hands and point backwards,</li> <li>poles are used for propulsion</li> </ul> <b>Double pole</b> <ul style="list-style-type: none"> <li>skier leans forward from the ankles and hips to plant poles</li> <li>trunk remains horizontal while arms start forward recovery</li> <li>upper body starts to recover as hands pass legs</li> <li>knees are slightly bent throughout action</li> <li>arms are slightly bent and don't collapse during push</li> </ul> <b>Uphill Diagonal stride</b> <ul style="list-style-type: none"> <li>recovering foot returns further forward (to set wax in snow,</li> <li>leg push is shortened for quicker turn over</li> <li>arm extension is shortened to match leg push</li> <li>skier is able to maintain some momentum</li> </ul> | 20 min.       |
| Ski and Snack   | Include some <b>off trail skiing</b><br>Find an area to practice stem Christie turns   | 1h<br>25 min. |
| Ski Play  | <b>Gliding</b> –on a gentle slope glide for distance, each skier tries to better their distance<br>-glide on one foot (with knees bent) bend one knee forward to lift ski slightly off snow, compare distance with the other foot<br><b>Bumps</b> – find a slope with some bumps (or make some) to ski down  | 10 min.       |
| Extra activity  | <b>One-step double poling -Open scissors, closed scissors</b> -the scissors are open when hands reach forward and one leg extends backward, they are closed when legs are together, body is bent at the waist and poles are extended backward (static practice first)<br>-skiers kick 3 times with left then 3 times with right<br>-emphasize good balance<br><b>Scooter Freeze tag</b> –skiers take off one ski. When tagged they balance on one ski. Frozen skiers can be unfrozen by being touched by a free skier.   |               |

Notes or Comments on lesson:

## Jackrabbit Level 5 Lesson#7 Skate Technique

| Activity                              | Description  | Time          |
|---------------------------------------|--|---------------|
| Warm Up                               | <b>Quick thinking</b> –skiers spread out and face the coach. Coach points in different directions and the skiers move in that direction (forward, backward, left and right)  | 5 min.        |
| Practice                              | Ski to an evaluation location practicing one skate, two skate and offset on the way.<br>Try different techniques on rolling terrain. Try one skate on a slight uphill, try two skate on an uphill.<br>Try to offset all the way up a hill.   | 15 min.       |
| Evaluate<br>-offset<br>-stem Christie | <b>Offset</b> <ul style="list-style-type: none"> <li>• Poles and lead foot plant at the same time</li> <li>• skier plants pole tips close to bindings</li> <li>• Skier steps up the hill</li> <li>• Skier glides on non-lead side</li> <li>• Skier has flexed ankles and knees</li> </ul> <b>Stem Christie</b> <ul style="list-style-type: none"> <li>• Skier is able to complete turn in both directions</li> <li>• Skier is able to come to a parallel stop by digging the uphill edges into the snow</li> </ul>   | 10 min.       |
| Evaluate<br>-one skate<br>-two skate  | <b>For one skate and two skate:</b> <ul style="list-style-type: none"> <li>• leg push is to the side, not back</li> <li>• glide ski is placed flat on the snow</li> <li>• upper body stays generally oriented down the track</li> </ul> <b>One skate</b> –several strides <ul style="list-style-type: none"> <li>• one skate for each poling action</li> <li>• technique is consistent</li> <li>• skier is balanced on skis</li> </ul> <b>Two skate</b> <ul style="list-style-type: none"> <li>• two skate strides for each poling action</li> <li>• technique is consistent</li> <li>• skier is balanced on skis</li> </ul> | 10 min.       |
| Ski and Snack                         |  | 1h<br>10 min. |
| Ski Play<br><br>Extra activity        | <b>snowboard tag</b> –skiers take off one ski and glide with ski-free foot on the ski (behind ski-foot). When tagged skier becomes "it".<br><b>Backwards partner push</b> –two skiers face each other skier 1 uses push sticks to push skier 2 up a slight slope<br><b>Ski Pops with Poles</b> –skier stands on one ski, pushes with poles, bending knee to pop onto the other ski where they balance and repeat on the other side<br>Balance drill-on slight downhill slope skier attempts to glide as long on one ski as possible count strides for a marked distance and the skier tries to reduce their number           | 10 min.       |

Notes or Comments on lesson: